

LIVING MEDITATION a 44 day Self Transformation program via email begins on Tuesday, 4th April, 2017, on the auspicious day of Ram Navmi. Register NOW if you haven't already. (And if you're late, no problem; where there is determination to transform and live in happiness and health, time and date is of no consequence.) If you are travelling or are otherwise busy, you can register now, receive the course material and audio links over the 44 days, and turn your attention to them whenever and however many times you wish to in the future.

#### Modules Include

- Releasing The Past
- Why am I sick?
- Why am I not attracting money and opportunity?
- Forgiveness
- Balance in Life
- Ego, and its consequences
- Living each moment in awareness
- Nature's Elements and I
- Conditioning vs Freedom
- Freedom to grow
- Family dynamics
- Relationship dynamics
- Techniques and Meditations for Transformation

Living Meditation is not an activity that lasts a few minutes. It is about making choices that enhance you, leaving behind the past that hinders you, enriching your present, and having the right to dictate your future.

It takes 44 days to establish a new flow-pattern in your mind-body-heart energy, and each day of these 44 days shall take you closer towards the transformation that you choose and direct.

Course is open to all in India and out of India.